

# The Power and Importance of Thanking God

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## Theme Verse:

1 Thessalonians 5:18

“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

## INTRODUCTION – THANKSGIVING AS A LIFESTYLE

Thanksgiving is more than a holiday—it’s a daily posture of the heart.

It’s choosing gratitude over grumbling and worship over worry.

- When we live thankful, we live powerful.
- Gratitude opens our eyes to God’s goodness, even in small things.
- Thanking God is a *faith statement*—you’re saying, “God, I trust You even when I don’t see it yet.”

## I. WHY IT’S IMPORTANT TO THANK GOD

### 1. It’s God’s Will for Every Believer

1 Thessalonians 5:18

“In everything give thanks...”

- Thanksgiving is not a suggestion—it’s a command that keeps us centered in His will.

**Note** - When people ask, “What’s God’s will for my life?” start here. Gratitude is the foundation.

### 2. It Honors and Glorifies God

**Psalm 50:23**

“Whoever offers praise glorifies Me.”

- When you thank God, you lift Him above your circumstances.
- Like a child who says “thank you” to a parent—it pleases the heart of the Father.

### 3. It Keeps Our Hearts Humble

**Deuteronomy 8:11–14**

“But that is the time to be careful! Beware that in your plenty you do not forget the Lord your God and disobey his commands, regulations, and decrees that I am giving you today. For when you have become full and prosperous and have built fine homes to live in, and when your flocks and herds have become very large and your silver and gold have multiplied along with everything else, be careful! Do not become proud at that time and forget the Lord your God, who rescued you from slavery in the land of Egypt.”

- God warned Israel not to forget Him when they prospered.
- Gratitude reminds us that *every blessing came from God*, not our own efforts.

#### 4. It Keeps Our Focus on God, Not the Problem

##### Philippians 4:6–7

“Be anxious for nothing... but in everything by prayer and supplication *with thanksgiving...*”

- Thanksgiving shifts your perspective from what’s wrong to Who is right.

## II. BENEFITS OF THANKING GOD

### 1. It Brings God’s Presence

##### Psalms 100:4

“Enter His gates with thanksgiving and His courts with praise.”

- Thanksgiving is your *entry pass* into His presence.

### 2. It Strengthens Your Faith

David remembered his past victories before facing Goliath.

**1 Samuel 17:37** — “The Lord who delivered me... will deliver me again.”

- Remembering what God *has done* gives you confidence for what He *will do*.

### 3. It Turns Worry Into Worship

**Philippians 4:6–7** again — Gratitude transforms stress into peace.

When you thank God, anxiety loses power.

- Worship doesn’t change God—it changes *you*.

### 4. It Unlocks Supernatural Multiplication

##### John 6:11

Jesus *gave thanks* and the loaves multiplied.

- When you thank God for what looks small, He makes it more than enough.
- Gratitude grows what you have—complaining destroys it.

### 5. It Brings Wholeness and Healing

**Luke 17:11–19** – Ten lepers healed; only one returned to thank Jesus.

- The thankful one was made *whole*.

**Whole-** everything, every abnormal function is corrected

## III. DEVELOPING A THANKFUL LIFESTYLE

**1. Speak gratitude daily** – Start every prayer with thanks.

**2. Write down your blessings** – Keep a “Thankful Journal.”

**3. Testify often** – Gratitude grows when shared.

**4. Thank God in advance** – Faith thanks before it sees.

**5. Thank God in all seasons** – Gratitude is not about perfection but perspective.

#### **Discussion Questions**

1. Why does God command us to give thanks in everything, not *for* everything?
2. What happens in our emotions when we thank God intentionally?
3. How can gratitude change a family, church, or workplace?
4. What keeps people from being thankful?